

# Hands Up and Live Your Life

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Donna Manning (USA) - February 2014  
音乐: Echa Pa'lla (Manos Pa'rriba) (English Version) - Pitbull



## 48 count intro - NO Tags or Restarts

### Sec. 1 (1-8) Hip Bump and Step x4

- 1&2      Touch ball of R fwd as you bump R hip fwd, back and fwd as you take the weight with R, L arm up on the touch down on the step
- 3&4      Touch ball of L fwd as you bump L hip fwd, back and fwd as you take the weight with L, R arm up on the touch down on the step
- 5&6, 7&8      repeat 1-4 (12:00)

### (Alternate 1st 8 Toe Heel Struts with Arms Overhead)

- 1,2,3,4      Touch ball of R, drop heel of R taking weight, Touch ball of L, drop heel of L taking weight, As you do Toe/ Heel Struts closed hands go overhead L on the toe touch and R on the heel
- 5,6,7,8      Repeat first 4 counts (12:00)

### Sec. 2 (9-16) Side, Close, Side, Touch – Repeat

- 1,2,3,4      R to R side, Bring L tog. with R, R to R side, Touch L next to R- Waive arms overhead L, R, L, L
- 5,6,7,8      L to L side, Bring R tog. with L, L to L side, Touch R next to L- Waive arms overhead R, L, R, R

\*or arms in front of chest\* (12:00)

### Sec. 3 (17-24) Rock, Recover, ¼ Turn Triple, Weave, ¼ Turn

- 1,2, 3&4      R fwd rock, recover to L, ¼ turn R- R to R side, L together to R, R to R side
- 5,6,7,8      Cross L over R, R to R side, L behind R, ¼ turn R stepping R fwd (6:00)

### Sec. 4 (25-32) L Salsa basic, R Salsa touch

- 1,2,3,4      Push off the ball of L fwd, recover to R, Step L to center, clap
- 5,6,7,8      Push off the ball of the R back, recover to L, touch R next to L, clap (6:00)

**HAVE FUN! Please do not alter this step sheet in any way.**

If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

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